



#02-080

TEXAS DEPARTMENT OF HEALTH
AUSTIN TEXAS
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TO: Regional Directors
Directors, Local Health Departments
Directors, Independent WIC Local Agencies
Director, Office of Public Health Practice

FROM: Barbara Keir, Director (Original Signed)
Division of Public Health Nutrition and Education
Bureau of Nutrition Services

DATE: July 26, 2002

SUBJECT: New and revised nutrition education lessons: MN-000-10, NR-000-12,
SP-000-12, SP-000-13, GW-000-52

This memo contains information about four new nutrition education lessons. Copies of the lessons and accompanying videos will be mailed to local agencies in the next few weeks. Please give this information to your Nutrition Education Coordinator.

- **MN-000-10, “Good Nutrition During Pregnancy – Healthy Eating...For Two,”** is a new lesson, that includes a video, designed for pregnant participants. The video, *Good Nutrition During Pregnancy – Healthy Eating...For Two*, features information about the importance of weight gain during pregnancy, using the *Food Guide Pyramid* as a guide for healthy eating and choosing foods rich in folic acid, calcium and iron. The lesson contains an activity that uses the *Food Guide Pyramid* to evaluate a sample diet.
- **NR-000-12, “For Goodness Sake! Prevent Anemia,”** is a lesson designed to accompany the video *For Goodness Sake! Prevent Anemia*. The video provides information about iron-deficiency anemia, foods high in iron, foods high in vitamin C and shows the preparation of four iron-rich dishes. The lesson contains an activity that uses the recipes from the video. The lesson and video target anemia during childhood and therefore, are not appropriate for use in classes for pregnant women.
- **SP-000-12, “Eat to Feel Healthy and Lose Weight,”** is a self-paced lesson which includes information on the long term health problems associated with overweight. The main nutrition message in the lesson is how to limit portion sizes.
- **SP-000-13, “Get Moving, Feel Great, Lose Weight,”** is a self-paced lesson with ideas for physical activities families can do together. It also includes a self-directed planning sheet to get clients started on a regular activity.

- **GW-000-52, "Shopping for WIC Approved Foods,"** has been revised to reflect changes in the WIC food packages. The revised lesson plan was sent to all local agencies in May 2002. The revised lesson has a date of 4/2002 printed on the bottom of the first page.

The video, ***Shopping for WIC Approved Foods***, accompanies this lesson and has been revised. The revised video has a revision date of 3/2002 printed on the video label. Please discard old copies of the lesson and video.

If you have questions or require additional information, please contact Shellie Shores, Nutrition Education Consultant, Bureau of Nutrition Services, at (512) 458-7111, extension 3464 or shellie.shores@tdh.state.tx.us or Elaine Goodson, Special Projects Nutritionist, Bureau of Nutrition Services, at (512) 458-7111, extension 3467 or elaine.goodson@tdh.state.tx.us or Mary Van Eck, Nutrition Education Coordinator, Bureau of Nutrition Services, at (512) 457-7111, extension 3484 or mary.vaneck@tdh.state.tx.us.